



REPORT OF THE
SURGEON GENERAL'S WORKSHOP ON
BREASTFEEDING & HUMAN LACTATION

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES, Public Health Service, Health Resources and Services Administration

*We must identify and reduce barriers which keep women from beginning
or continuing to breastfeed their infants.*

**—C. Everett Koop, M.D., Sc.D.
Surgeon General**

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**BREASTFEEDING
& HUMAN LACTATION**



Presented by the
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Public Health Service
Health Resources and Services Administration
Bureau of Health Care Delivery and Assistance
Division of Maternal and Child Health

In cooperation with
The University of Rochester Medical Center

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PREFACE

The Surgeon General's Workshop on Breastfeeding and Human Lactation represents a milestone in our continuing efforts to improve the health of our nation's mothers and infants. Research findings have documented the benefits of human milk and lactation for babies and mothers. One of the "Health Promotion/Disease Prevention Objectives for the Nation" is that by the year 1990, the proportion of women who breast-feed their babies should be increased to 75% at hospital discharge and 35% at 6 months of age.

The last decade has seen a steady increase in breastfeeding, predominantly among middle- and upper-income, educated, white women. We need to identify and reduce the barriers that interfere with breastfeeding, especially in those population groups with low prevalence of breastfeeding—among women who are minority, low income, and less educated.

The Workshop has provided an opportunity

- to review progress of past efforts, in both public and private sectors, to promote breastfeeding;
- to assess the state of the art related to factors that enhance and those that inhibit breastfeeding and human lactation;
- to determine remaining challenges;
- to develop strategies and recommendations in order to facilitate progress toward achieving the 1990 Objective.

Building on the model of the Healthy Mothers/Healthy Babies Coalition, this Workshop involved the participation of representatives of major professional and voluntary organizations. These organizations working in the public and private sectors will play a major role in the dissemination and implementation of the national recommendations.

The strategies developed at this Workshop will result in promotion of sound infant feeding practices and in informed decisions by more women about breastfeeding their babies.



C. Everett Koop, M.D., Sc.D.
Surgeon General

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on Breastfeeding and Human Lactation

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WORKSHOP PROGRAM

June 11, 1984

8:00 a.m. - 12:00 noon

Opening Plenary Session
The Strong Auditorium
University of Rochester

Presiding

Elizabeth Brannon, M.S., R.D.
Nutrition Specialist
Division of Maternal and Child Health
United States Department of Health and Human Services

Welcome

Robert Sproull, Ph.D.
President
University of Rochester

Frank Young, M.D., Ph.D.
Vice President for Health Affairs
Dean, School of Medicine and Dentistry
University of Rochester

Ruth A. Lawrence, M.D.
Associate Professor, Departments of Pediatrics and Obstetrics
and Gynecology
University of Rochester

Henry A. Thiede, M.D.
Chairman, Department of Obstetrics and Gynecology
University of Rochester

Introduction of the Surgeon General

Michael McGinnis, M.D.
Deputy Assistant Secretary for Health
Disease Prevention and Health Promotion
United States Department of Health and Human Services

8:30 a.m.

Keynote Address

C. Everett Koop, M.D., Sc.D.
Surgeon General

8:50 a.m.

Human Lactation as a Physiologic
Process

Ruth A. Lawrence, M.D.

9:15 a.m.

The Unique Values of Human Milk

Cutberto Garza, M.D., Ph.D.
Associate Director, USDA Children's Nutrition Research
Center
Department of Pediatrics
Baylor College of Medicine

9:40 a.m.

Breastfeeding Patterns in the United
States

Gilbert Martinez, M.B.A.
Director of Marketing Research
Ross Laboratories

9:55 a.m.

Nutrition Break

9:55 a.m.	Nutrition Break
10:25 a.m. The Cultural Context of Breastfeeding in the United States	Susan Scrimshaw, Ph.D. Associate Professor of Public Health Division of Population, Family and International Health University of California, Los Angeles
10:50 a.m. Successful Approaches to Promote Breastfeeding	Henry A. Thiede, M.D., Moderator
State-wide Approach	Jerianne Heimendinger, D.Sc., M.P.H. Director of Nutrition Services Rhode Island Department of Health
City-wide Approach	Linda Randolph, M.D., M.P.H. Director, Office of Public Health New York State Department of Health
Rural-community Approach	John E. Alden, M.S., C.N.M. Indian Health Service Poplar, Montana
Hospital-based Approach	Audrey Naylor, M.D., Dr.P.H. Co-Director, San Diego Lactation Program Mercy Hospital and Medical Center
11:40 a.m. Guidelines for Work Groups	Martin Nacman, D.S.W. Director, Social Work Division, Strong Memorial Hospital Professor, Department of Health Services University of Rochester
12:15 p.m. - 1:45 p.m.	Luncheon Bridge Lounge and May Room Wilson Commons
Presiding	Vince L. Hutchins, M.D., M.P.H. Director, Division of Maternal and Child Health United States Department of Health and Human Services
Invocation	Rabbi Judea B. Miller Temple B'rith Kodesh
Audiovisual Presentation "Outside My Mom"	March of Dimes Birth Defects Foundation
Speaker The Lay Volunteer in the Mother-to-Mother Program of La Leche League	Viola Lennon Founding Member, La Leche League International
2:00 p.m. - 4:30 p.m.	Work Groups Medical Education Building

7:00 p.m.	Reception and Dinner Memorial Art Gallery and Cutler Union Prince Street Campus
Master of Ceremonies	Richard Collins, M.D. Avon, New York
Invocation	Charles T. Lavery, C.S.B. Chancellor, St. John Fisher College
Speaker Breastfeeding: New York State's Infant Health Strategy	David Axelrod, M.D. Commissioner, New York State Department of Health
June 12, 1984	
7:45 a.m.	Continental Breakfast Medical Education Wing
8:30 a.m. - 11:45 a.m.	Work Groups
12:00 noon - 1:45 p.m.	Luncheon Helen Wood Hall
Presiding	Robert E. Hoekelman, M.D. Chairman, Department of Pediatrics University of Rochester
Invocation	Chaplain Thomas Herbek, M.Div., M.Ed. Strong Memorial Hospital
Speaker Breastfeeding and the Media	Robert Bazell NBC Network
2:00 p.m. - 4:00 p.m.	Closing Plenary Session First Floor Auditorium Medical Education Wing
Presiding Reports from Work Groups	Vince L. Hutchins, M.D., M.P.H.
3:00 p.m.	Open Discussion
3:15 p.m. Summary of Recommendations and Presentation to the Surgeon General	Ruth A. Lawrence, M.D.
Response of the Surgeon General	C. Everett Koop, M.D., Sc.D.
Closing Remarks	Frank Young, M.D., Ph.D.

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Doctor Beverly Winikoff feeds her daughter, Lindsay.